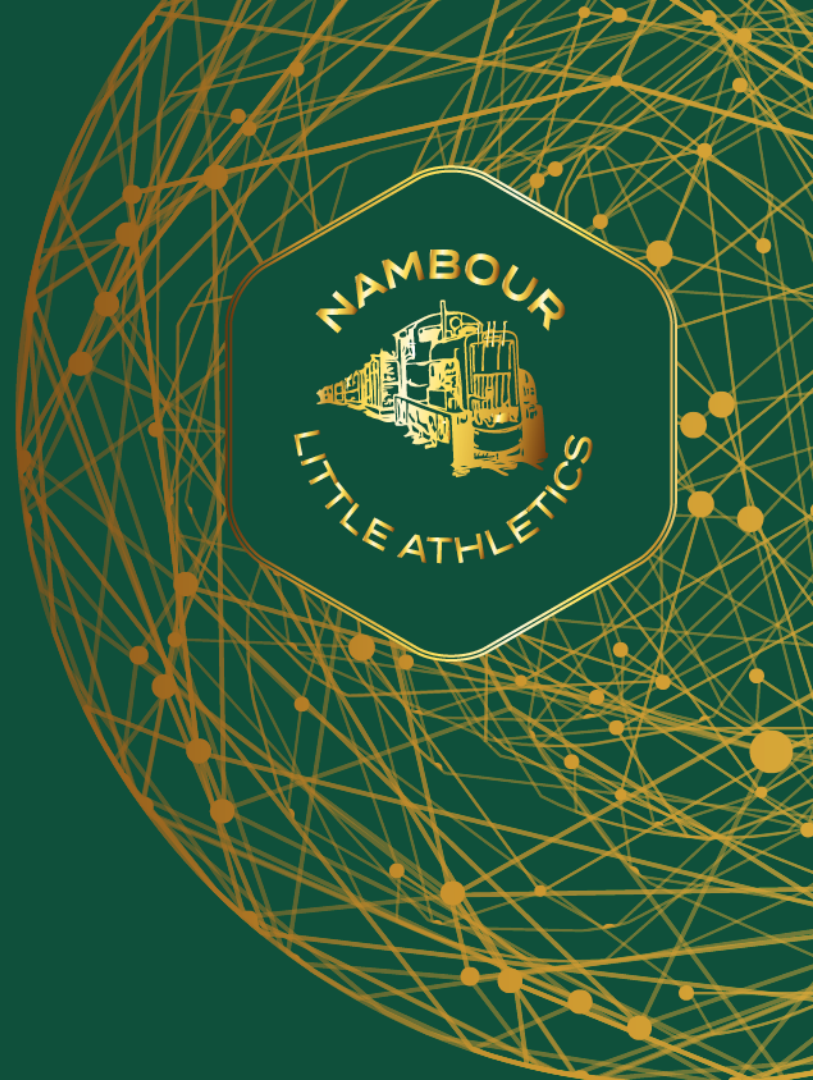


# Award Winners

2019/2020



# Key Stats

- 78 registered athletes
- 18 competition meets

## RELAYS

- 62 relay athletes
- 23 athletes qualifying for State Relays

## REGIONALS

- 38 athletes nominated for Regional Championships
- 19 athletes qualified for State Championships (50%)
- 32 medals – 12 gold, 11 silver, 9 bronze

## PERFORMANCES

- 10 new Centre Best Performances
- 929 PBs



# Suncoast Region Legend Award

This award was presented at Regional Championships by the Regional Competition Committee.

This award has been created to acknowledge and recognise exemplary service and commitment to the SunCoast region by a volunteer at Regional Relays and/or Regional Championships.

**Keffed Cordwell**

35 years of service to the region



# Centre Best Performances

10 Centre Best Performances were recorded over the 2019/2020 season.

Congratulations to the following athletes:

Alexandra Angus	U 17 G Discus	31.75m
Brandon Macrae	U12 B Shot Put	9.87m
Mia Couacaud	U11 G 70m	11.20s
Jude Brimelow	U11 B 800m	2.32.96s
Keeley Porter	U9 G 800m	2.58.43s
Ellie Bailey	U8 G 70m	11.40s
Rhyder McDonald	U7 B 70m	11.90s



# McDonalds Achievement Levels

GREEN LEVEL      22 Athletes

RED LEVEL        18 Athletes

BLUE LEVEL       11 Athletes

The following athletes achieved a GOLD LEVEL performance:

Benjamin Cope    800m

Hugh Pfister      100m

Mia Couacaud    400, 800m

Jude Brimelow   800m, 1500m

Keeley Porter    200m, 400m, 800m



# Rising Star Award

The recipients of these awards are selected by our coaching team.

Recipients must show consistency of effort, dedication and commitment to continual improvement and a positive attitude and effort in competition.

AND THE WINNERS ARE...



# Rising Star Award WINNERS

Tjamarli Tyson-Purcell U11

Eli Cordwell U10

Kupa Kidd U10

Ellie Bailey U8

Makayla Atherton U11

Ayla Cope U14



# Most Improved

The Most Improved Trophies recognise those athletes who have significantly improved their performances over the season.

Points are accumulated on Personal Best Performances (PBs) over the season, compared to the first month of the season.

AND THE WINNERS ARE...





# Most Improved WINNERS

JUNIOR GIRL      Aidan Pfister (24 PBs)      U8

SENIOR GIRL      Grace Brimelow (19 PBs)      U13

JUNIOR BOY      Riley Parmenter (27 PBs)      U11

SENIOR BOY      Brandon Macrae (14 PBs)      U12



# Encouragement Awards

## McDONALD'S ENCOURAGEMENT AWARD

This award is given to an athlete who exemplifies the ideals of Little Athletics, and makes a significant contribution to Nambour Little Athletics over the course of the season. The required attributes of are:

- Leadership
- Respect
- Perseverance
- Sportsmanship
- Enthusiasm

THE NOMINEES ARE...



# McDonald's Encouragement NOMINEES

ALEXANDRA ANGUS U17

GRACE BRIMELOW U13

KIRALEE ATHERTON U13

MIA COUACAUD U11

ZAYNE McDONALD U11

OLIVER WHITEHOUSE U11

HUGO MARTIN U11

JUDE BRIMELOW U11

AND THE WINNER IS...



# McDonald's Encouragement WINNER

Congratulations

MIA COUACAUD

Mia maintains a high attendance at weekly competition and has shown a commitment to improvement this season. With 18 PBs and 2 silver medals at Regional Championships, Mia's dedication is demonstrated in her performances. Mia competes with enthusiasm in all events and represents Nambour Little Athletics with distinction.



# Eric Rea Perpetual Shield

The Eric Rea Perpetual Shield is awarded to a male athlete who:

- Is in the U10-17 age groups
- Attends centre competitions regularly
- Attempts all events on the program enthusiastically
- Has been a registered athlete of Nambour Little Athletics for 2 or more years

THE NOMINEES ARE...



# Eric Rea Perpetual Shield NOMINEES

ZAYNE McDONALD U11

OLIVER WHITEHOUSE U11

HUGO MARTIN U11

AND THE WINNER IS...



# Eric Rea Perpetual Shield WINNER

Congratulations

## ZAYNE McDONALD

Zayne has demonstrated outstanding commitment to Little Athletics this season through coaching and consistent effort. He has shown continual improvement with 17 Season PBs. His dedication was rewarded with a gold medal at Regional Championships.



# Julie Cousins Perpetual Shield

The Julie Cousins Perpetual Shield is awarded to a female athlete who:

- Is in the U10-17 age groups
- Attends centre competitions regularly
- Attempts all events on the program enthusiastically
- Has been a registered athlete of Nambour Little Athletics for 2 or more years

THE NOMINEES ARE...





# Julie Cousins Perpetual Shield NOMINEES

ALEXANDRA ANGUS U17

MIA COUACAUD U11

GRACE BRIMELOW U13

AND THE WINNER IS...



# Julie Cousins Perpetual Shield WINNER

Congratulations

## ALEXANDRA ANGUS

This is **Alex's** last season of Little Athletics. She is an outstanding member of our club, a true leader and always competes to the best of her abilities. Her hard work and dedication is shown in her results with a gold and bronze medal at Regional Championships.

Alex is a wonderful role model for the younger athletes at our centre and contributes well beyond her role as an athlete. We will miss you Alex!



# Male & Female Athlete of the Year

Male & Female athlete of the year is awarded to one athlete with the most strong and consistent performances across the season.

This includes weekly centre competitions as well as LAQ carnivals and competitions. The recipients of this award demonstrate consistent high-level performance eg. PBs at a McDonald's Blue Level across a number of events and/or qualifying for State Titles in more than one event.

In addition, the athlete must display positive sportsmanship to fellow athletes, officials and coaches and represent Nambour Little Athletics with distinction.

THE NOMINEES ARE...



# Female Athlete of the Year NOMINEES

MIA COUACAUD U11

ALEXANDRA ANGUS U17

GRACE BRIMELOW U13

KIRALEE ATHLERTON U13

KEELEY PORTER U9

AND THE WINNER IS...



# Female Athlete of the Year WINNER

Congratulations

KIRALEE ATHERTON

- 16 Season PBs
- 4 medals at Regional Championships (1 gold, 1 silver, 2 bronze)
- 6 medals at Caloundra Open Day Carnival
- State Relays Qualifier
- McDonald's Blue Level in Sprints, Throws, Jumps



# Male Athlete of the Year NOMINEES

OLIVER WHITEHOUSE U11

HUGO MARTIN U11

BRANDON MACRAE U12

HUGH PFISTER U9

JUDE BRIMELOW U11

AND THE WINNER IS...



# Male Athlete of the Year WINNER

Congratulations

## HUGH PFISTER

- 26 Season PBs
- 4 medals at Regional Championships (1 gold, 3 bronze and 8th)
- Coles Summer Carnival medal – 1 silver
- State Relays Qualifier  
in a track team up an age group
- McDonald's Blue Level in Hurdles, Sprints, Jumps and Walks
- McDonald's Gold Level in 100m



# Club Champion

The Club Champion Award acknowledges an athlete who demonstrates the most significant performance at a competition outside of the weekly Nambour centre competitions. For example:

- Setting a new club record
- Setting a new regional record
- Regional Championship medal recipient
- State Championship medal recipient
- LAQ Carnival medal recipient
- Selection in an LAQ State Representative Team or Development Squad

In addition, the athlete must display positive sportsmanship to fellow athletes, officials and coaches and represent Nambour Little Athletics with distinction.

AND THE WINNER IS...





# Club Champion WINNER

Congratulations

## KEELEY PORTER

- 25 Season PBs
- 4 medals at regionals (1 gold, 3 silver and a 4th)
- Qualified in all 5 events for State Championships
- Centre Best Performance - 800m (record held since 1986)
- State Relays Qualifier in 2 events  
(1 in a track team running up an age group in a boys team)
- McDonald's Blue Level in Sprints, Hurdles, Distance and Jumps
- McDonald's Gold Level in Distance Group



# PB Medals

Medals are awarded to athletes who achieve the following level of Personal Best Performances (PBs), prior to the State Titles.

Points are achieved by:

- Achieving a PB at any meet in the conduct of 1 event (heat or final) = 2 points
- Achieving a PB at any meet in the conduct of 1 event at a BONUS MEET = 5 points

ACHIEVEMENT LEVELS are set as follows:

GOLD                    40 points

SILVER                 20 points

BRONZE                10 points



# PB Medals

## TT, U6 & U7

### GOLD

Mythyist Richardson (TT)

Rhyder McDonald (U7)

Jason Swan (U7)

### SILVER

Maddison Pereira (TT)

Dillon Pearson (TT)

Mary Spencer (U6)

Sophie Pearson (U7)

Baylee Clarke (U7)

Sophie Pearson (U7)

### BRONZE

Ayla Simmonds (TT)

Jaxx Grayson (U6)

Tyler Simmonds (U7)



# PB Medals

U8

GOLD

Aidan Pfister

Ellie Bailey

SILVER

Ruby Couacaud

Indi Keep

Oliver Graves

BRONZE

Luca Grayson

Declan Plowman

Cohen Rosenberg



# PB Medals

## U9

GOLD

Molly Pearson

Keeley Porter

Hugh Pfister

SILVER

Fraya Milne

Poppy Whitehouse

Tahlia Redmond

Ethan Griffith

BRONZE

Eiliyah Shaich Yusuf

Connor Labinsky



# PB Medals

## U10

GOLD

Eli Cordwell

Kupa Kidd

SILVER

Cohen Williams

Isabel Rosenberg

Lara Foley

BRONZE

Zara Clarke



# PB Medals

## U11

### GOLD

Maddie Foley

Charli Windred

Shylah Cordwell

Mia Couacaud

Oliver Whitehouse

Zayne McDonald

Ben Hugo

Riley Parmenter

### SILVER

Makayla Atherton

Kiara Redmond

Jackson Burns

Jude Brimelow

Zac Hamilton

Tjamarli Tyson-Purcell

Blake Robertson

### BRONZE

Jade Browne

Amber Browne

Dominic Grayson

Riley Pereira

Jasper Thomas



# PB Medals

## U12 & 13

### GOLD

Brandon Macrae

Grace Brimelow

Kiralee Atherton

### SILVER

Sage Milne

Mitchell Stoye

Benjamin Cope

River Rykes

### BRONZE

Xavier Griffith

Mitchell Labinsky

Peter Smith

Sam Howard





# PB Medals

U14, U16 & U17

GOLD

SILVER

BRONZE

Alisha Royer

Jamie Griffith

Ayla Cope

Scott Hannaford

Harley-Rose  
Heinemann

Soraya Royer

Matthew Hunkin

Alexandra Angus



# Farewell

This season we farewell **Rob and Maree Angus**.

Rob and Maree have contributed so much during their 12 years at our Centre. They have held just about every position on our committee between them over the years with Rob our Centre Manager between 2013 to 2017 (and Assistant Centre Manager since). The list of improvements they have made over the years is too many to list. Suffice to say, Nambour Little Athletics is a better club through your efforts.

Thank you for your generosity.

We will miss you.



# THANK YOU

Thank you to all our families for making Nambour Little Athletics the wonderful, supportive environment it is. We are all volunteers and we cannot do what we do without you.

Thank you to our amazing coaches – Simone, Lindsie, Kef, Trish and Julie.

Thank you to all our fabulous committee members – Tracey, Ross, Julie, Kef, Maree, Rob, Scott, Simone, Deb, Dan, Paul and Trish. There's nothing we can't do when we work together!

And lastly, thank you to our amazing, outstanding, fabulous, fantastic, incredible, marvelous and sensational athletes. You make us all so very proud.



# SEASON 2020/2021

We don't know when our next season will commence.

No one knows for sure what is ahead of us at the moment.

We will continue to plan for our next season so that when the time comes, we are ready to welcome you all back.

Stay safe, look after each other and we look forward to seeing you back on the track soon.

- Nambour Little Athletics



CONGRAULATIONS TO ALL OUR  
AWARD WINNERS FOR THE  
2019/2020 SEASON

#teamnambour

